

Home Group questions  
Sunday 16 June 2019  
Soul Care: The Soul Needs Rest

In the Genesis 1 account of Creation, man and woman are created on the sixth day, so their first day in the world is a day of rest.

- Is rest something we can only have once all the work is done? Or is it the starting point, the place to get ready for the work that's ahead?
- How does our view of rest affect our view of work?
- Is it easy to rest well? If not, what are the challenges that make it difficult?

'For anyone intent on pursuing a spiritual journey with God, the ability to refresh one's soul is essential' (T.Horsfall, *Working from a place of rest*)

- What kind of activities are refreshing and restorative; what can we do to recharge our physical and spiritual batteries?
- How important is it to include worship, prayer and fellowship with other believers as part of our rest?

For personal reflection:

- If you struggle to get sabbath rest, what could you do differently this week to change that?

If you feel comfortable, share it with the home group (or at least one person!) for accountability.